
“Festive Family Thanksgiving Cookbook”

Pumpkin Cheesecake

Makes 2 pies, serves 18, Preparation time 30 minutes, Baking time 1 hour and 20 minutes

1- 24 oz. container of nonfat cottage cheese	2 medium eggs, beaten lightly
1 -12 oz. tub of light cream cheese (cold)	1¼ cup packed light brown sugar
1 -15 oz. can solid-pack pumpkin (about 1¾ cups)	2 Tbs. cornstarch
1 tsp. vanilla	1 tsp. cinnamon
1/8 tsp. nutmeg	½ tsp. ginger
2 Graham cracker crust shells (See recipe below.)	Toppings (See below.)

Preheat oven to 325° degrees. Whirl the cottage cheese in a blender or food processor for 2 minutes. Add the cream cheese and blend for 5 minutes stopping to scrape down the sides 3 to 4 times.

In large bowl beat eggs and sugar together. Stir in pumpkin using a fork. Add the cream cheese mixture and mix well. Remove ½ cup of this mixture to work in the cornstarch, vanilla, and spices until there are no lumps. Pour the cornstarch-spice mixture back into the large bowl and mix well.

Pour one half of the pumpkin-cream cheese-spice mixture into each of two pans. Bake for one hour and 20 minutes or until top looks set (center may jiggle and crack). Shut off oven. Cool completely on wire rack.

Cover and refrigerate in pan at least 6 hours or up to 4 days. To serve, run knife around cake. Place on serving plate. Choose topping.

Nutrition Facts Per Serving Cheesecake with crust (no topping): 180 Calories, 5 g Total Fat, 45 Calories, 2 g Saturated Fat, 30 mg Cholesterol, 306 mg Sodium.



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Cheesecake Graham Cracker Crust

Makes 2 pies, Total Preparation time 10 minutes, Baking time 7 minutes

20 whole Graham crackers (pulverized in a blender)

½ cup light tub margarine

nonstick cooking spray

Preheat oven to 375° degrees.

In a mixing bowl, combine cracker crumbs and margarine until moist. Spray two 8 inch springform or pie pans with nonstick cooking spray. Coat the pans with the crumbs and press down gently. Press the rest of the crumbs to the sides of the pan about one quarter of the way up.

Bake in preheated 375° degree oven for 7 minutes. Cool.

Nutrition Facts for crust Per Serving: 62 Calories, 4 g Total Fat, 36 Calories from Fat, 1 g Saturated Fat, 92 mg Sodium, not a significant source of Cholesterol.



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Cheesecake Toppings

Pineapple Topping

Total preparation and cooking time 15 minutes, Makes enough for 2 pies

1 20 oz. can of pineapple tidbits in its own juice ¼ cup sugar

Take out 1 cup of pineapple tidbits with a slotted spoon or fork and set aside. Blend the remaining pineapple, juice and sugar. Cook over high heat for 10 minutes until thick. Remove some of the foam with a slotted spoon. Stir only once or twice to prevent burning.

Take off burner and cool. Just before serving cheesecake, arrange the remaining pineapple tidbits over the two cheesecakes in circles. Top with the glaze.

Nutrition Facts Per Serving: 30 Calories, not a significant amount of Fat, Saturated Fat, Cholesterol, or Sodium.

Pecan Variation

Instead of the pineapple topping, the pumpkin cheesecake can be garnished with pecans. Toast about 1 oz. or 20 pecan halves on a foil lined cookie sheet one inch apart for 3 to 5 minutes in a 350° degree oven. Cool. Arrange around the edge of the two cheesecakes so each slice has one pecan half.

Nutrition Facts Per Serving: 11 Calories, 1 g Total Fat, 9 Calories from Fat, not a significant amount of Saturated Fat, Cholesterol, or Sodium.

